

SCHEMA YOGASTUDIO VÅR 2025

MÅNDAGAR

10.00 SENIORYOGA 60
11.15 RESTORATIVE 75
17.00 YINYOGA 60
18.15 SOULFLOW 60
19.30 YINYOGA & YOGANIDRA 60

TISDAGAR

06.30 LES MILLS PILATES 45
08.00 SENIORYOGA 45
09.55 SENIORYOGA 45
17.00 HATHA FLOW 60
18.05 YINYOGA 60
19.15 ATLETISK YOGA 60

ONSDAGAR

08.30 SENIOR PILATES 45
17.00 LES MILLS SHAPES 45 (METALLSALEN)
17.30 SOMA MOVE 45
18.30 LES MILLS PILATES 45
19.25 YINYOGA 60

TORSDAGAR

09.45 SENIORYOGA 75
12.00 LES MILLS SHAPES 45 (METALLSALEN)
16.45 YINYOGA & RESTORE 75
18.05 YOGA FLOW 60
19.10 LES MILLS PILATES 45

FREDAGAR

06.30 SOFT FLOW 45

LÖRDAGAR

09.00 BODYBALANCE 60
10.10 SENSINGYOGA 60
10.10 LES MILLS SHAPES 45 (METALLSALEN)

SÖNDAGAR

09.00 LES MILLS PILATES 45
10.00 YOGA FLOW & NIDRA 75
17.00 YINYOGA 75



yoga

ENDORFIN